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TAKING OUT THE TRASH

Jesse Kipling of the Metro Enviro-Team tosses another garbage bag on top of the mountain of trash collected from the streets of downtown Winnipeg Tuesday morning for the Downtown Winnipeg BIZ's annual Earth Day Clean-up. More than 450 people pitched in to help, and around 2,500 pounds of litter was collected. SHANE GIBSON/METRO

Manitoba may ban use of pesticides

Exemptions would apply. If bill passes, synthetic chemical products would be prohibited

Manitoba is set to join Ontario, Quebec and other provinces in slapping restrictions on the use of synthetic chemical pesticides.

A bill put before the legislature Tuesday would forbid the use of such pesticides on lawns, school grounds, playgrounds, hospital properties and other areas, starting Jan. 1.

Homeowners would have a further one-year grace period. "Health Canada warns that pesticides should only be ap-

plied where no children, elderly persons or pets are present," said Manitoba Conservation Minister Gord Mackintosh, who first promised the bill last year.

"The approach from experts is that we reduce exposure where these pesticides are not really needed."

As in Ontario and other areas with similar bans, Manitoba plans to exempt farm land, golf courses and residential gardens from the restriction, so the chemical pesticides will still be sold in stores.

Offenders could face fines, but the details have yet to be worked out, Mackintosh said.

The move was welcomed by the Canadian Association of Physicians for the Environment.

"The science shows that people who are exposed to pesticides are at increased risk for a variety of cancers, including cancers of the brain, prostate, kidney," spokesperson Gideon Forman said.

Because the synthetic pesticides will still be sold in stores, homeowners could still buy them and apply them to their lawns in violation of the law. Mackintosh said he expects that most people will not.

Some lawn care companies have complained that biological and organic pesticides cost more and are not as effective. Mackintosh said more products come on the market every year and prices he has seen in major stores are comparable to the synthetic sprays. **THE CANADIAN PRESS**



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Manitoba is building an app for that, and that, and that

\$50M data centre.

The Cloud Nine Digital Innovation Centre officially opens in Winnipeg

SCOTT
BEST

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Canadian Tire officially opened its new \$50-million data centre Tuesday, saying the centre will create 50 Winnipeg-based jobs over the next year.

The Cloud Nine Digital Innovation Centre, located in the Air Canada Centre downtown, will be the core hub for all of the company's digital services.

It'll also pump out 20 times more computing power to Canadian Tire, Mark's, sports stores like Sport Chek, Partsource, Gas+ and other retail stores.

"This is an inspiration project where we've looked across the country," said Eugene Roman, senior vice president at Canadian Tire. "We've looked in the U.S., we've looked into Europe, and tried

to pull the best of the best together."

Roman said it would normally take up to three years to set up this kind of operation, but Canadian Tire worked with the Yes! Winnipeg business development team to do it in a year.

Roman said the company is also building relationships with Red River College and the two universities to get students with relevant skills involved.

The facility will host Canadian Tire's new App Factory, where developers will design and test apps and other technologies to improve customer experience in-store and online. Canadian Tire was the first non-tech company to build a similar lab in Waterloo, Ont. a year ago. The Winnipeg centre will be linked to Waterloo and another in Brampton, Ont.

"Winnipeg and Manitoba are punching well above their weight when it comes to new media, when it comes to applications," said Premier Greg Selinger.

Selinger said the province contributed \$36 million to the project.



Premier Greg Selinger manipulates an app at the newly opened Canadian Tire Cloud Nine Digital Innovation Centre on Tuesday. BERNICE PONTANILLA/METRO

Displaced seniors need temporary home

Almost 90 seniors forced out of a Winnipeg nursing home by a flooded basement may not be able to return any time soon.

The residents were moved out of Golden Links Lodge on Sunday and have been put up in common areas of nearby facilities.

Lori Lamont with the Winnipeg Regional Health Authority says officials haven't been able to assess the damage or determine what happened.

She says the authority is looking for places to house the seniors for the longer term while the lodge is repaired.

Lamont says current ar-

rangements won't be adequate past another three or four days.

It's hoped that all the displaced seniors can be sent to one place, but some may end up having to stay in hospitals.

"We are looking at a couple of alternatives," Lamont said. "It would be our first choice

to find a location where all the residents could be housed together, where we could have staff familiar with the residents provide their care."

She admitted there aren't very many open beds at care homes in Winnipeg.

A timeline for returning to the nursing home won't be

available until cleanup can be completed.

"We are continuing our efforts to pump out the water in the basement," said Lamont. "Until that water is removed, we are not able to assess the level of damage to the mechanical system."

THE CANADIAN PRESS/CJOB



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Coun. Jenny Gerbasi says the city's new housing implementation plan is "based on the needs that are out there."

BERNICE PONTANILLA/METRO

Housing policy plan is 'proactive': Councillor Gerbasi

Key goals. Aims to reach 3% vacancy rate, reduce homelessness, revitalize areas

Finding out just how many Winnipeggers are homeless is a key goal of the City of Winnipeg's new housing policy implementation plan.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry), chair of the Winnipeg housing steering committee, said it's important to have programs available that "are based on the needs that are out there."

"It's really important that the city define what its role is and is proactive in working on the issue and that's what this policy does," said Gerbasi, who

will be attending Wednesday morning's executive policy committee meeting to promote the plan and answer any questions Mayor Sam Katz or the councillors may have.

"One of the things that's really needed is identifying what's exactly happening right now in terms of how many people (are homeless) and also a target of reducing that."

Gerbasi said Winnipeg is facing a big issue plaguing many large Canadian cities: the lack of affordable housing.

"As long as our vacancy rate is so low, then it makes sense to do things to support rental accommodation," said Gerbasi, adding that the city is working with community groups and the other levels of government in this implementation plan.

The five-year implementa-

tion plan includes three key goals: reaching a "healthy rental vacancy rate" of three per cent for the city by building 750 new rental units; achieving neighbourhood revitalization with strategic investments from the city's housing reserve; and reducing homelessness by 80 per cent through a partnering strategy with the federal government.

Determining "the number of chronically homeless people in Winnipeg" is the goal for 2014 and 2015.

Gerbasi said the city currently doles out \$1 million a year towards neighbourhood improvement zones, which is a "sensible economic investment and a social investment."

BERNICE PONTANILLA/METRO

Liberal leader faces more internal turmoil

This should be a celebratory time for the Manitoba Liberals — they're riding at a near record-high level in opinion polls under new leader Rana Bokhari heading into next month's annual general meeting.

But the party is dealing with another public eruption of internal criticism accusing Bokhari and her leadership team of stomping on the rights of grassroots members and, despite the improved popularity, of hurting the party.

"If this leadership group were trying to destroy the party, it could not be doing a better job," Shane Nestruck, president of the party's constituency association in Fort Garry-Riverview, said.

The party issued letters

in February to a half-dozen members, including Nestruck, telling them their membership was under review and offering no explanation. More recently, party president Robert Young decided not to call any more board of directors' gatherings until after the annual general meeting.

The party brass has put forward several constitutional amendments for the upcoming meeting, including a plan to shrink the board of directors and reduce the minimum number of board meetings each year to six from eight.

Nestruck said Bokhari's leadership team is trying to centralize power which he feels belongs with the grassroots and the board of

directors.

Liberal officials deny the accusations.

Some of the membership reviews were for people who had made controversial statements on social media during and after last year's heated leadership race, which saw Bokhari beat Dougald Lamont and Bob Axworthy, said executive director Jeff Kovalik-Plouffe. Those same statements are part of the reason for the reworked code of conduct.

Board meetings are not being held because the party has been focused on preparing for the annual general meeting and there are no pressing issues to discuss, Young added.

THE CANADIAN PRESS

Homeless youth and kids

Macdonald Youth Services opens youth shelter in Winnipeg heritage home

Macdonald Youth Services (MYS) hopes to help as many as 1,600 homeless youth and kids in crisis every year after transforming a Winnipeg heritage mansion into an emergency shelter.

The 7,000-square-foot mansion at 159 Mayfair Ave. is the new home of the MYS Youth Resource Centre and Emergency Shelter following an extensive \$2.4 million renovation.

"Some youth simply have no safe place to stay and are at risk of being exploited," said MYS CEO Erna Chapman



After a \$2.4-million renovation, Macdonald Youth Services has moved its Youth Resource Centre and Emergency Shelter to this mansion at 159 Mayfair Ave. METRO

in a release. "Our staff work with youth and their parents or guardian to resolve conflict and develop a long-term plan to keep kids safe and help them succeed."

The mansion has eight beds and, like the building it replaces, it will offer short-term, round-the-clock

emergency shelter for kids aged 12-17.

Funding for the work came through grants from all three levels of government and more than \$1.3 million in private contributions.

Railway and hotel magnate J.D. McArthur originally built the home in 1903. METRO



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Kidnapped mayor resurfaces, steps down

Eastern Ukraine. After apparent abduction by pro-Russian forces, mayor now claims she supports insurgents

When armed men seized the police station in the eastern Ukrainian city of Sloviansk, mayor Nelya Shtepa declared she was on their side. She changed her story a few days later. Then she disappeared — the victim of an apparent abduction by the man who now lays claim to her job.

On Tuesday, she resurfaced, expressing support once again for the pro-Russia insurgents — but possibly no longer as mayor.

In town after town in the beleaguered east, it's hard to tell who's in control. Since the unrest began, pro-Russia insurgents have adopted a strategy of electing so-called people's leaders: mayors and regional governors who claim to represent the people's will, despite their questionable background and skills for the job.

The man who now claims to be mayor says Shtepa was under the care of his comrades in the pro-Russia forces. But

Back and forth

Shtepa championed the insurgents' cause when they seized the police station on April 13.

- But as central authorities dispatched troops to retake buildings in the east, Shtepa quickly changed course. She called the men insurgents and their presence an "occupation." She said that she had pretended to be on the gunmen's side to free dozens of hostages from the buildings that the insurgents stormed.

Vyacheslav Ponomarev is himself a dubious figure: No one seems to know his past and Ponomarev refuses to give any clarification.

On Tuesday, a Russian news site ran a video interview with Shtepa — in what the site said was her former office — in which she praises the insurgents as men with "strong souls" and thanks Russian President Vladimir Putin for annexing Crimea. The report also showed what it said was a resignation letter that Shtepa willingly signed. **THE ASSOCIATED PRESS**



Mayor Nelya Shtepa walks outside a police station in the town of Sloviansk, Ukraine, in this April 12 photo. Insurgents have seized government buildings in eastern Ukraine in the past week and a half. EFREM LUKATSKY/THE ASSOCIATED PRESS

Moscow

Putin's main critic could be jailed

A Moscow judge on Tuesday left open the possibility of jailing President Vladimir Putin's main critic for years, a sign of Putin's increasingly hardline rule against opponents.

Russian opposition leader Alexei Navalny was fined \$8,400 on Tuesday for slandering a lawmaker. His

second trial starts Thursday, and prosecutors who previously secured his house arrest are widely expected to ask for jail for him pending trial, with Tuesday's verdict making him a recidivist. If there's a guilty verdict at that trial, he could get a prison term.

Putin increasingly has portrayed his critics as "national traitors." Russians who oppose his aggressive actions in Ukraine have been compared to the Bolsheviks.

THE ASSOCIATED PRESS

Tit-for-tat

Russia expels Canadian diplomat

Russia has expelled a first secretary at the Canadian embassy in Moscow in retaliation for the earlier expulsion of a Russian military attaché from Ottawa.

A Canadian government source, not authorized to speak on the record, says the first secretary of the immigration section of the Canadian

embassy in Moscow has been ordered out of Russia.

The move comes after Canada quietly expelled an assistant Russian defence attaché earlier this month.

The Harper government also called in the Russian ambassador to Canada for a diplomatic dressing down last week.

Prime Minister Stephen Harper has called Russia's actions in Ukraine a threat to world peace.

THE CANADIAN PRESS

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The decision to replace a water heater often needs to be made in a hurry. Heaters can fail suddenly, leaving no time to comparison shop.

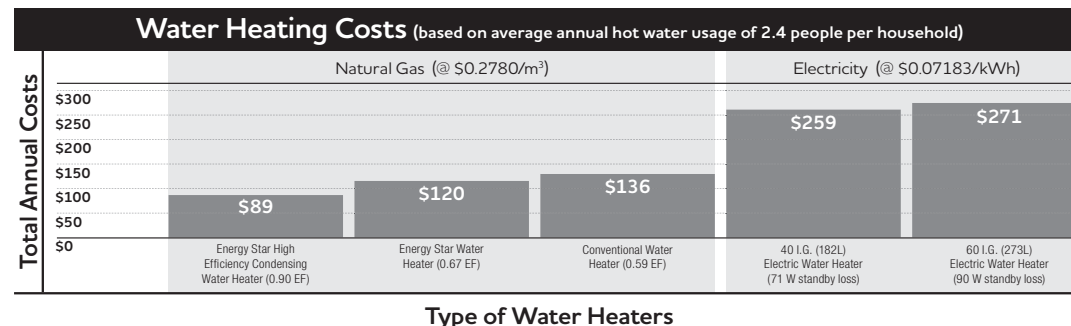
The graph below shows the typical water heating costs for an average Manitoba household. Costs are based on an average household of 2.4 people consuming about 140 litres of hot water daily, heated up 50°C. Your water heating costs may differ, depending on the type of water heater you have, how much hot water you use, and future energy rates.

At current rates, the chart shows that the average Manitoba household with a conventional natural gas water heater would have an annual water heating bill of \$136. ENERGY STAR® qualifying (sidewall power vented) gas water heaters are now available which would heat water for only \$120 per year. Larger hot

water users can further reduce costs by installing high efficiency condensing water heaters. Be aware that the cost of installing high efficiency condensing water heaters can be significant (\$3,000 to \$5,000).

The same household with a 60 gallon electric water heater would have an annual water heating bill of \$271, which is double the cost of a conventional gas water heater. Over the average 10 year life of a natural gas water heater this would result in a savings of \$1,350. In addition, electric water heaters can't heat water as quickly as natural gas water heaters, so it is usually necessary to compensate by having a larger electric tank.

For more details on energy options for water heating, visit our website at www.hydro.mb.ca/heating.



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A third of adults suffered child abuse: Study

The data. It cannot prove cause and effect; it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental-health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

The study is published today in the Canadian Medical Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community

Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

Afifi says the questions didn't ask "Were you abused?" because studies have shown that some people who have been abused don't characterize their experiences as abuse.

Instead, the questions asked whether respondents were slapped on the face or head, spanked with a hard object, pushed, grabbed, shoved or had something thrown at them to hurt them. For both those questions, respondents were asked to say yes only if the behaviour had happened a minimum of three times.

Another question asked if respondents were kicked, bit, punched, choked, burned or physically attacked at least once.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence. **THE CANADIAN PRESS**



Record breaking swimmer glides for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. **JONATHAN HAYWARD/THE CANADIAN PRESS**

Maple Leaf Gardens. Sex abuser pleads guilty to 100 charges

The man at the centre of the Maple Leaf Gardens sex abuse scandal pleaded guilty Tuesday to 100 charges involving 18 underage victims.

Gordon Stuckless, 65, entered the plea in a Toronto courtroom in relation to offences that took place decades ago. The charges include indecent assault, sexual assault and gross indecency and span from 1965 to 1985.

Stuckless pleaded not guilty to several charges, including

sexual assault with a weapon and buggery, and his lawyer Ari Goldkind said a trial on those charges is expected to get underway in the next couple of weeks.

Crown attorney Kelly Beale is expected to request a dangerous offender assessment for Stuckless, but Goldkind said his client, who's on a sex offender registry, continues his chemical castration therapy and has been living "a very law-abiding life." **THE CANADIAN PRESS**

The Heartbleed hacker. 'Curiosity got the better of him': Michael Calce

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"We love to throw around the term 'hacker,' but I don't think he's a hacker," said Michael Calce. "I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him."

Last week, the RCMP charged Stephen Arturo Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers. The media has already dubbed him "the Heartbleed hacker."

LUKE SIMCOE/METRO IN TORONTO

Quoted

"We found strong associations between child abuse and mental conditions."

Researchers of the study

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De Grood set to undergo psychiatric evaluation



A courtroom sketch of Matthew de Grood, the accused in the recent Calgary stabbing. JANICE FLETCHER/THE CANADIAN PRESS

'Bizarre' case. Calgary man accused of stabbing five victims at a party faces charges of first-degree murder

The father of a young man stabbed to death at a house party says his boy was the poster child for the kind of son every parent wants.

Bruce Rathwell told mourners at his son Zackariah's funeral Tuesday that the young man was athletic, artistic, loved music and spent years as a Boy Scout.

A display at the front of the Calgary chapel was a testament to the 21-year-old's interests and accomplishments. It included three guitars, a Boy Scouts uniform, rugby jersey, hockey equipment and skates.

Rathwell, a promising musician with the band Zackariah and the Prophets, was stabbed to death along with four others last week at a get-together to celebrate the end of classes.

Another party-goer, 22-year-old Matthew de Grood, is charged with five counts of first-degree murder. He appeared in court Tuesday and was ordered to undergo a 30-day assessment to determine whether he is mentally fit to

stand trial.

De Grood, the son of a senior Calgary police officer, was wearing blue coveralls when he appeared in court earlier in the day via closed-circuit television.

He could be seen leaning against a wall and touching his face, with cuts and scrapes from when the canine unit took him down during his arrest.

The accused will return to court May 22. He will continue to be held at the Southern Alberta Forensic Psychiatry Centre, where he's been since his arrest. The Crown requested the assessment on the recommendation of a doctor who has been dealing with de Grood.

"The case has been adjourned for a period of 30 days to allow a psychiatrist to assess whether or not the accused is fit to stand trial," Crown prosecutor Stephanie Brown told reporters.

De Grood's lawyer, Allan Fay, said he's not ruling out a defence of not criminally responsible. "I'd be foolish to overlook any possibility, especially in a case that on its face is as bizarre as this," Fay said.

"We've never seen anything like it in Calgary, and one can't help but look at the case and consider what we know so far and how strange this whole thing is." **THE CANADIAN PRESS**

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A humpback whale outside of Hartley Bay along the Great Bear Rainforest, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Feds eye upgrading humpbacks' status

Species At Risk Act. Reclassification would remove Ottawa's legal obligation to protect the animal's habitat

In the midst of the heated debate over oil tankers off the coast of British Columbia, the federal environment minister has proposed changing the status of North Pacific humpback whales from threatened to "special concern."

The whales have played a starring role in the cam-

paign against oil pipelines and opponents accused the federal government Tuesday of removing a hurdle to the proposed multibillion-dollar Northern Gateway pipeline.

"What we're seeing is that the government is stripping the humpbacks of legal protection at the very time that the Enbridge pipeline and tankers project is posing a serious threat to their recovery and survival," said Caitlyn Vernon, of Sierra Club BC.

But the Committee on the Status of Endangered Wildlife in Canada, or COSEWIC, an independent group of scientists responsible for assess-

Numbers up

18,000

After being hunted to near extinction in the early 20th century, biologists estimate the North Pacific population now consists of more than 18,000 humpback whales.

ments, first recommended the improvement in status three years ago.

A federal official said the group was even asked to reconsider, to ensure the science was sound. Last fall, the recommendation again was to make the change.

THE CANADIAN PRESS

Miami

Prof beaten up over bad grade?

Police are investigating the beating of a Miami Dade College music professor to see whether it was ordered by a student angry over a bad grade. Marc Magellan, 31, was attacked last week inside a parking garage.

The assailant called out "Professor Marc" and when Magellan turned around, the assailant began punching him and smashing his head on the concrete floor, leaving him with a broken nose and hand and other injuries.

THE ASSOCIATED PRESS

Spain. Village with 'Kill Jews' as part of its name to vote on change

The tiny Spanish village of Castrillo Matajudios, whose second name means "Kill Jews," will hold a referendum next month to decide if it should change the name that offends outsiders and embarrasses some residents, its mayor said Tuesday.

The village's 56 registered voters will be asked on May 25 whether they want to keep the name or change it to the similar, but non-offensive name the town once had, Mayor Lorenzo Rodriguez Perez said.

Historical studies show the

town's original name was Castrillo Matajudios. The second name of that translates to "Jews Hill" and dates back to 1035 when 66 Jews were killed in a nearby town and those expelled settled on the hill.

Although Jews were killed in the area, researchers believe the town got its current name from Jewish residents who converted to Catholicism and wanted to convince Spaniards they opposed Jews, Rodriguez said. Others think it might have simply come from a slip of the pen.

THE ASSOCIATED PRESS

Mickey D's is feeling the squeeze

Unhappy meal. Iconic burger chain shows a decline in sales after a decade of growth

McDonald's is fighting to hold on to customers in the U.S.

The world's biggest hamburger chain said sales at established U.S. locations fell 1.7 per cent in the first three months of the year as guest counts declined. After a decade of growth, sales also declined last year as McDonald's struggled to roll out an array of new menu items and fend off competitors.

CEO Don Thompson said in a call with analysts and investors Tuesday that the company is working to improve its operations and marketing in key regions, including the U.S.



McDonald's said sales at established U.S. locations fell 1.7 per cent in the first three months of 2014. GETTY IMAGES

"It's important to underscore it will take time for consumers to notice the changes and reward us with increased visits," he said.

The disappointing performance in the U.S. reflects the struggles McDonald's is facing as people flock to chains that position themselves as higher-quality alternatives.

THE ASSOCIATED PRESS

Market Minute



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Google challenging non-profits for ideas that kick some Glass

Google has issued a challenge: On Tuesday, the tech giant asked U.S. non-profit groups to propose ideas for how to use the web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a \$25,000 grant to help make their project a reality. JEFF CHIU/THE ASSOCIATED PRESS FILE

NADbank. Metro Winnipeg continues to grow: Study

More Winnipeggers than ever are making Metro part of their daily life, according to the latest newspaper readership study.

That's 79,000 people reading Metro Winnipeg each day, Monday to Friday, as a way to stay connected and informed about their city and the world. The readership increase came at a time when the Winnipeg Sun lost 16 per cent of its readers, according to the 2013 NADbank readership study.

The research also shows that on a weekly basis Metro Winnipeg is the only newspaper in the city to gain readers aged 18 to 49.

"These latest results again prove that our readers and advertisers are supportive of our style of news coverage," said

Steve Shroud, Vice President and Group Publisher, Metro News, Western Canada. "This trend of growth for Metro is exciting and gives us courage as we make plans for continued development."

Nationally, the research found that Metro continues to be popular with readers in Canada's largest cities and across various platforms including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metropolitans, our target market," said Bill McDonald, President of Metro English Canada. METRO

Streaming contest

AT&T eyeing YouTube, Netflix, Hulu's eyes

AT&T and an investment firm run by former News Corp. executive Peter Chernin have formed an online video venture that could rival Netflix and Hulu.

AT&T Inc. and Chernin Group said Tuesday that they have committed more than \$500 million in funding toward the venture.

AT&T already offers TV content through its U-Verse service, which competes with cable TV providers. With online video, though, it could attract customers of Netflix, Hulu, YouTube and other services. THE ASSOCIATED PRESS

New technique

Unilever taking plastic measures

Unilever PLC, producer of disposable containers that clutter the landfills of the world, says it is adopting technology that will cut the amount of plastic it needs to use in each bottle by 15 per cent.

The technology, developed with Zotefoams PLC of Britain, injects tiny gas pockets into bottle walls, reducing the weight and amount of plastic used, without sacrificing robustness.

Unilever is introducing the technique first in its Dove body wash bottles, which — over the 33 million sold in Europe in 2013 — would mean a savings of 275 tons of plastic.

THE ASSOCIATED PRESS

"I don't see us having a future together."

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ANOTHER TYPE OF FOODIE WEIGHS IN

There are foodies, those uncompromising gourmets who have “an ardent or refined interest in food and alcoholic beverages,” according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there's nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers' choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that's another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in



JUST SAYIN'
Paul Sullivan
metronews.ca

springtime.

What's really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald's fries.

The No. 1 burger is Wendy's with its characteristic square, never frozen, burger patty. I don't know about you, but a square burger patty ain't natural. Nonetheless, Dave's Hot 'N' Juicy outdistanced the Burger King Whopper and McDonald's Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent respectively). Or should I say unhealthy?

Best pizza honours go to Papa John's, who squeaked by Pizza Hut and Domino's (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald's had the best fries by a wide margin (57 per cent), which roughly equals the percentage of

North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven't ordered a bucket for 20 years, but that doesn't stop me from going: “Maybe I should just stop and get a bucket” every time I go past the local Colonel's dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that's actually good for you is a glass of water.

Finally, there's coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin' Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald's. Coffee seems like the last thing you'd order at McDonald's, but despite (or perhaps because of) those expectations, it's never as bad as you think.

And that's pretty much the last word. Or maybe five little last words: “You want fries with that?”

ZOOM

Bee my pollinator



Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O'Neal, an associate professor of entomology at Iowa State University. **THE ASSOCIATED PRESS**

Quoted

“Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape.”

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

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In this issue, you can find AR enhancements on page 11 in Scene, page 14 in Life, page 23 in Sports, and page 25 in Drive.

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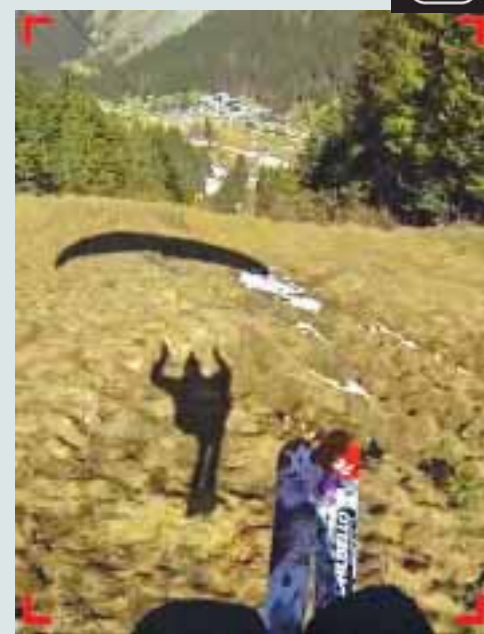
When parachuting on skis gets tiring



ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it's not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)



VIMEOSCREENGRAB

Turning up the cheat on trysts

Cautionary tales.

From 1960's 'dirty' rendezvous at *The Apartment* to a Fatal Attraction cooking your rabbit, infidelity boils over on film



IN
FOCUS
Richard Crouse
scene@metronews.ca

In the new movie *The Other Woman*, Mark King (*Game of Thrones*'s Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie *The Apartment* tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The *Saturday Review* called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's *Derailed*, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy



Nikolaj Coster-Waldau and Cameron Diaz star in *The Other Woman*. CONTRIBUTED

Film's most famed femme fatale

"Men still come up to me and say, 'You scared the [crap] out of me.' Sometimes they say, 'You saved my marriage.'"

Glenn Close in an interview 20 years after *Fatal Attraction*'s release.

hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have

an unquenchable thirst for Owen's money.

Derailed is a cautionary tale about staying faithful to your spouse and never, ever renting rooms in sleazy ho-

tels. Part *Fatal Attraction*, part Hitchcock thriller, the movie stays on track through the setup of the story, but as soon as the going gets rough the story, well ... derails.

The most famous infidelity movie has to be 1987's *Fatal Attraction*. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not

to cheat on your wife.

The film was a sensation on release, inspiring a number of imitators including *The Crush*, *Single White Female* and a spoof called *Fatal Instinct*, and its most famous clip, the rabbit boiling on the stove, even inspired a phrase in the *Urban Dictionary*. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

2 SCENE

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New show's doc has her own medical drama

Physician heal thyself.

Brilliant bipolar brain doctor battles effects of skipping her meds in new Black Box series

ABC's brainy new medical drama Black Box does a neat trick: It dares viewers to imagine for themselves the cost-benefit ratio of addiction, and does it without taking a firm stand.

It does it in the person of lovely, top-of-her-field Dr. Catherine Black, known as "the Marco Polo of the brain," who helps patients navigate a range of neurological disorders.

She also secretly wrestles with one of her own: She's bipolar.

Meanwhile, she's addicted to the mind-expanding, sometimes rapturous, but ultimately dangerous effects of skipping the meds that keep her "normalized," and letting her condition run full tilt.

"This show is not a generic examination of bipolarity — not at all," says series



Kelly Reilly in a scene from the medical drama Black Box, premiering Thursday at 10 p.m. EDT on ABC. PATRICK HARBON/ABC

star Kelly Reilly. "This is about one woman who is an addict to her disease. The disease is treatable. But it calls for a lifetime of commitment and re-arranging medications to see what works and what doesn't work, and fighting the battle

of deciding whether or not you want to take them."

Premiering Thursday at 10 p.m. EDT on ABC, Black Box pulls a 180 on the plague of addiction: Catherine Black must just say yes to the drugs that will keep this wild child

tamed. Yet sometimes she just can't. Or won't.

She is played by the English-born Reilly, who co-starred with Denzel Washington in the film Flight, appeared in the two Sherlock Holmes films headlined by

Not just a show about illness

"The series has an addiction metaphor and the high does provide a gift."

Amy Holden Jones, creator of the new series, Black Box, whose lead character is a bipolar doctor struggling with managing her illness.

Robert Downey Jr., and starred in Above Suspicion, a British TV crime drama.

One recent day on Stage B at New York's Silvercup Studios, Reilly met with a reporter in her character's office in the tony Neuroscience Research and Treatment Center, a.k.a. The Cube, where Black and her colleagues probe the brain's mysteries.

The show also stars Terry Kinney as the NRTC chief of staff, Ditch Davey as a womanizing neurosurgeon on the team, David Ajala as Catherine's restaurateur boyfriend and Vanessa Redgrave as Catherine's shrink.

"This is not a life that's ever going to be straight and narrow for Catherine," says Reilly. "It's always going to be

a bit wobbly: Is she gonna go off crazy again, or is she going to try to toe the line? She's a rule-breaker by nature who takes risks. But I think she longs for what normal might feel like."

The series was created by Amy Holden Jones, whose credits include the films Mystic Pizza and Indecent Proposal.

And she comes to Black Box well prepared, having as a girl been "home-schooled in bipolar," as she puts it: Her father was a practising physician until he was 70 despite being manic-depressive and suffering periodic breakdowns.

"There are highly functional bipolar people," Jones says, and the condition is more common than is generally suspected.

"You may think your only experience of it is on Homeland," she says, referring to the Showtime thriller whose CIA heroine suffers notably from bipolar disorder. "But that's probably not the case." You may know someone who's bipolar and keeping it private, she says. **THE ASSOCIATED PRESS**



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Tim Zickuhr FACEBOOK

Who's the unfairest of them all? Ice road trucker plunders Snow White

As reality star misbehaviour goes, the Duck Dynasty crew are starting to look pretty good about now. At least they leave prostitutes where they found them.

Ice Road Truckers star Tim Zickuhr has no such social graces. According to TMZ, Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out

their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

When the police officer arrived, Zickuhr apparently confessed the whole thing. As a final stroke of elegance, he forced Snow White to exit his apartment through a second story window. Zickuhr was arrested and charged with first-degree kidnapping, extortion, and coercion.

Friends no more... Cox can't even get cast together for dinner

Every time a member of the Friends cast steps out to promote a project, the question comes up: What about a reunion for the famous sitcom? Well, Courteney Cox wants to finally put all that to rest. "It's not going to happen," she tells David Letterman during an interview. "There's six Friends, and I've been trying to put a cast dinner together for 10 years. It doesn't happen."



Courteney Cox GETTY IMAGES

Twitter



@Sethrogen

really only wanna sit around and hang out with my wife.



@pattonoswalt

"A shark can't sink a brick submarine." – Things my daughter says that would make excellent post-punk lyrics



@SteveMartinToGo

I've had the same haircut (with the exception of 1968-69) for 52 years.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB

Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'être, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than \$100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a \$20 savings bond, which is sort of the same.

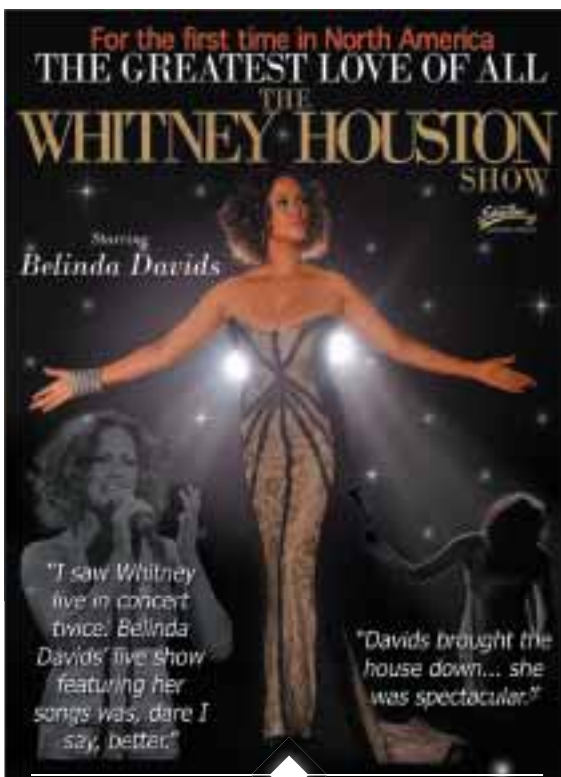
Uma ... Arki. Arki ... Uma. Have you met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he didn't show — because he and Uma are no longer an item," a source says, while another



Uma Thurman GETTY IMAGES

adds, "Uma lives in New York while Arki lives in London. He has been out and about without Uma since October when he went to a Halloween party alone. They have been at one or two events together, like Harvey Weinstein's pre-BAFTA party in February, but on that occasion they looked miserable."



The Greatest Love Of All – The Whitney Houston Show starring Belinda Davids is a fun and touching tribute to a true pop icon, presenting a catalogue of Houston's most loved songs from the span of her 29 year career, all performed by the stunning Belinda Davids and her live band and dancers.

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3 LIFE

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While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel up-



Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

dated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of



The hotel's two pools are the perfect spot to spend a lazy afternoon.

scrubs, wraps, facials and massage offer rejuvenation.

Feeling peckish in the afternoon but don't want to

leave the pool?

Your best bet is a pinacolada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.



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NYC ponders putting the cart before the horse



The prototype electric car would cost between \$150,000 and \$175,000. THE ASSOCIATED PRESS

Carriage ban talks. Mayor pushes ban, offers electric cars as a viable option

Mayor Bill de Blasio is pulling back the reins on his plans to quickly get rid of New York City's horse-drawn carriage industry, stung by a recent outpouring of support for the colorful coaches that have clip-clopped their way through Central Park for more than 150 years.

A campaign pledge to take on the horses during his first week as mayor was eclipsed by other issues. And as he nears his fourth month in office, he has encountered enough resistance from the usually compliant City Council to slow his plans again, now saying an industry he calls cruel and inhumane will be gone by year's end.

What changed?

For one, a media blitz led

by actor Liam Neeson has portrayed the horse-drawn carriage industry as an iconic, romantic part of New York that provides about 400 jobs, many to Irish immigrants. In a series of editorials and TV interviews, he has said the operators treat their 200 working horses like their own children.

"I can appreciate a happy and well-cared-for horse when I see one," Neeson wrote in an op-ed piece in The New York Times. "It has been my experience, always, that horses, much like humans, are at their happiest and healthiest when working."

The next blow came when a series of city unions — who usually are de Blasio's staunchest allies — broke with the mayor, urging him to reconsider his decision in order to save not only the industry's hundreds of jobs but a profitable source of tourism.

A recent poll revealed that nearly two-thirds of New Yorkers were in favour of keeping

the horses at least in Central Park and were lukewarm on de Blasio's plan to put the horse drivers to work instead giving rides in old-timey electric cars.

Last week, the city's newspapers piled on. A story in the Times on the unveiling of the \$150,000 prototype electric car described it as "the industrial spawn of a rickshaw and Thomas the Tank Engine," while an editorial bluntly urged de Blasio to "let the horses and carriages alone."

New York's Daily News launched a front-page campaign called Save our Horses that filled its pages with pro-carriage stories and an online petition that has recorded more than 11,000 signatures. And The New Yorker devoted its cover this week to a cartoon depicting a carriage driver pulling the horse, giving the local tempest a national stage (but, like so many ambiguous New Yorker cartoons, it wasn't clear if it was taking sides on the issue). THE ASSOCIATED PRESS

Trend

Your phone is your room key

San Francisco's Personality Hotels chain is testing an app with two of their properties that lets you open the door to your hotel room with your phone, thus allowing you bypass the front desk. When Reservations assigns a room, it tells your phone, and when you get to your door, you press a key icon and your phone emits a sound that unlocks the door.

DOUG WALLACE/METRO

Event

The Indianapolis 500

The smell of the grease pit, the roar of the crowd. The 98th running of the Indianapolis 500 takes over U.S. Memorial Day, culminating in the big showdown on Sunday, May 25. And while the expensive seats are sold out, you can still be part of the action. DJ Hardwell heads the lineup in the Snake Pit. Visit indianapolis500motorspeedway.com.

DOUG WALLACE/METRO

Survey

Top 10 in-room hotel amenities

Free Wi-Fi has been ranked the number one in-room hotel amenity by Hotels.com, which recently took a survey of 1,000 travellers. In fact, people would prefer free Wi-Fi over having a private bathroom.

1. Internet/free Wi-Fi
2. Bathroom with shower
3. Room size
4. TV system
5. Air conditioning
6. Coffee/tea
7. Non-smoking rooms.

DOUG WALLACE/METRO

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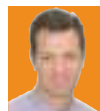
Bucket List



Space: The final frontier

Even at \$250,000 US a pop, seats are selling for the soon-to-liftoff Virgin Galactic trips to space. Approximately 530 people have already signed up, now that space travel has been made so affordable! Travellers get three days of training in New Mexico at Spaceport America before heading 50,000 feet into sub orbit at almost 4,800 km/h. Not only do you experience zero gravity and have a chance to look down on all the rest of us, you also get to rub elbows with airline co-owner Richard Branson. Virgin has already enlisted the help of more than 100 space agents, but you can simply visit virgingalactic.com. **DOUG WALLACE/METRO**

Summer trip. Just a little south and east of Calgary, try your hand at being a dinosaur bone hunter



ON THE MOVE
Loren Christie
life@metronews.ca

Heading to Alberta this summer?

The Rockies are amazing, but don't skip the Canadian Badlands. This large area east and southeast of Calgary offers a variety of sites and activities that are too good to be missed.

Dinosaur Provincial Park is a UNESCO world heritage site that is home to 40 species of dinosaurs.

Surrounded by hoodoos and unearthly scenery, go on a guided tour or be part of a dig. Would-be paleontologists are given a toolkit that includes an awl, a paintbrush, a hammer, and a dental pick



What Rockies? With the stunning views in Alberta's badlands, you might not make it to the mountains. **ISTOCK**

for the more delicate work.

I barely had my hands dirty last summer at Bone Bed 30 before I realized I was staring at actual fossilized dinosaur bones.

It is impossible not to find a fossil, whether it's a small piece of tendon or the edge of giant femur; the natural history is everywhere.

Remember as part of your planning that Dinosaur Provincial Park and the better-known Royal Tyrrell Museum are not the same place and are actually two hours' drive apart. Pre-book your tour or dig in advance.

If arts and crafts are more your speed, head to Medicine Hat and check out the former

Medalta clay factory, now a national historic district.

The iconic beehive kilns of the former factory can still be toured. A highlight is the surprisingly cool museum, which chronicles the history of the factory.

My favourite displays are the china collection used by Canadian Pacific hotels dur-

ing the golden age of travel and the line of dinnerware created for Ethiopian Emperor Haile Selassie. The Yuill Family Gallery showcases rotating exhibits, including creations from Medalta's artist in residence program.

The town of Elkwater is the entry point into Cypress Hills Interprovincial Park. Straddling the border of Alberta and Saskatchewan, it is the only interprovincial park in Canada.

In addition to the expected variety of hiking trails, the park includes Elkwater Lake, which provides a perfect spot for all varieties of water sports.

I got a lesson on canoeing while I was there from the park staff. Camp or spend the night at a lodge in Elkwater if sleeping on the ground is not your thing. The park is also one of a growing number of places across the country that has a Dark Sky Preserve.

For stargazers out there, the lack of light pollution makes for some amazing night sky viewing.

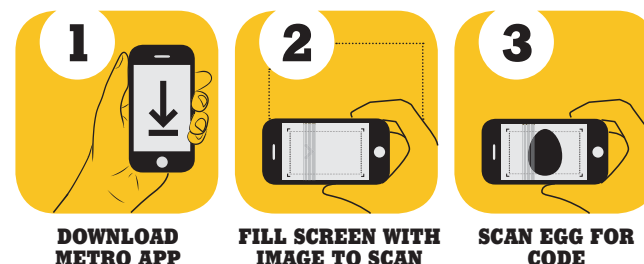
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Bursts of sweet, tangy, creamy and spicy in every curry-filled bite

Thai Grapefruit Curry.

A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge to your table in 30 minutes or less

Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I de-



This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

START TO FINISH ABOUT 20 MINUTES

veloped for the Florida Department of Citrus, uses a hit of

spicy curry to marry with fresh grapefruit, which enhances

the curry and rounds out the flavour of the Thai-inspired

dish. It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste

- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grape-

- fruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined

- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped cilantro

1. In a skillet, heat oil over medium heat and cook shallot and garlic for 2 minutes. Stir in curry paste and chili pepper; cook for 1 minute. Add grapefruit rind and juice, coconut milk and fish sauce; bring to a simmer.

"I don't see us having a future together."



Be assured that this industry offers the same security you'll be selling

Safe in your success.

Five things to know about pursuing work in the insurance industry

MEGHAN GREAVES
TalentEgg.ca

Before you start a career, it's important to find out all the key details you can about the field you're interested in.

While you'll learn a lot hands-on, a little bit of research can go a long way in preparing you for the perks and challenges of a particular career. The following five attributes of the insurance industry can help you get started.

It's inclusive

One of the great things

Learn and grow

Since the insurance industry welcomes candidates from a diverse range of backgrounds, there's a heavy emphasis on training and development, both in terms of onboarding and continual learning.

- Career development programs and trainee programs are popular training formats for insurance companies to offer new hires. These training programs are designed to get you up to speed, whether you're taking your first step in the industry or moving into a more senior role.

about pursuing a career in the insurance industry is that you don't have to have a specific educational background or set of work experiences.

While there are many insurance diploma programs, certifications and specializations that can offer you a distinct advantage, you can hatch a great career in insurance without necessarily

having a background in it.

Many top insurance companies assess potential hires based on their knowledge, skills and previous work experience as they relate to current needs. Since insurance is involved in so many different aspects of our lives, that previous knowledge and experience can come from many different areas: cars, business,



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The insurance industry may conjure up images of being confined to a cubicle, but many positions in the field will see you actively engaged in your tasks. ISTOCK

medicine, the law and infrastructure are all excellent examples.

Employers in insurance recognize that some additional training and education is required to ensure you can excel in your insurance career and to round out your knowledge. Often, the cost for this training will be picked up by your employer.

Insurance is also inclusive from a demographic perspective, with 63 per cent of industry professionals being women, and 14 per cent identifying as a visible minority compared with 17 per cent in the general Canadian labour market.

It's exciting

Many people see working in insurance as a nine-to-five desk job that involves working in isolation.

Nothing could be further from the truth. While many roles do have an element of independence, an insurance career often calls for frequent client interaction, teamwork, networking and professional stewardship.

These activities not only

provide variety, they also provide a well-rounded set of experiences that can help you find a role or set of responsibilities that match how you like to work.

The roles are highly varied

Besides a range of different responsibilities, opportunities for career specialization abound in insurance.

Whether you are a number cruncher, like working with people, can spot trouble before it happens, or enjoy research and analysis, there is likely a role for you.

Job opportunities include: claims representative, underwriter, insurance adviser and more. These positions include tasks such as developing strategies and putting policies into place for your clients, understanding the goals and risk tolerance of your clients and being an independent and collaborative worker to meet personal and team goals.

You can specialize in insurance

There are lots of college and

university programs, specializations, designations, and certifications out there to give your education an edge in the insurance field, or specialize your skills to a particular insurance career path.

The same goes for specializing within the industry; as your career evolves, you may have the opportunity to develop niche expertise focusing on one area of the sector.

These areas can be as specific as fine wine collections, cyber liability, directors and officers insurance (for corporations, not-for-profits and other groups), or even sports and entertainment insurance.

Essentially, you can build on your education and experience to take you exactly where you want to go.

Even if you aren't sure where your interests lie just yet, it's great to know that you can specialize in your chosen field if you want to.

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What can you offer an insurance agency?

A relevant resumé.

Focus not on what you've done, but the results and outcomes from each of your previous roles

MEGHAN
GREAVES
TalentEgg.ca

If you're thinking of hatching a career in insurance, you probably already know why the industry is such an extraordinary place: huge career potential, variety, stability, reward, and the opportunity to work for some of the top businesses around the world.

If you're in the midst of applying to insurance jobs or are looking into roles for down the road, it's important to know which skills your potential employers are seeking during the application process.

Here are some of the most sought-after skills you'll need for success in your insurance career.



Though there may be times when you are working independently in your insurance position, you will ultimately be working as part of a team to achieve organization-wide objectives. Social skills are key. ISTOCK

Communication

In an insurance role, you'll be required to communicate with internal and external stakeholders. This is why employers seek candidates who stand out when it comes to their communication skills.

When applying for an insurance role, be sure to showcase any experiences, courses, or volunteer work

that have developed your communication skills and be sure to highlight them in your application.

Customer service

As an insurance professional, you will be managing multiple relationships and priorities. Ensuring that you are understanding your customers' needs, professionalism,

Show that you're sharp

It's important to employers that you're eager to stay on top of industry developments, news, trends and information.

- Since insurance affects virtually everything we do in life and in business, there is a lot of information to keep on top of in an insurance role and it's crucial that you be in the know.
- Be ready to commit some time to continuous learning in different forums, including networking, research and professional development.

managing your time and their expectations effectively and delivering what you promise can play a key role in a successful insurance career.

Any experience that helps

you demonstrate your ability to respond to inquiries, manage a high volume of traffic, deliver some tough messages or your commitment to go above and beyond are great selling points for your application and interview.

Teamwork

Working collaboratively to identify new business opportunities, generate a solution to a problem or emerging issue, or develop a strategy to manage a potential risk effectively are just a few examples of ways you may find yourself working with your colleagues in the insurance industry.

Think about school projects, jobs you have had, committees you were a part of or extracurricular activities that had you as a part of a team (for example: band, sports teams, debate clubs, etc.).

How did you go about achieving success? What role did you play? How did you capitalize on each other's strengths? Overcome challenges?

Professionalism

Insurance is all about peace of mind.

It is important that those working in the sector are seen as the professionals they are.

Demonstrating due diligence, paying attention to detail, wearing appropriate business attire, maintaining ethical standards and confidentiality, staying up-to-date on current trends and products and exercising sound judgment are all qualities that make up the package of the professional people are entrusting to help them to protect the things they hold most dear.

If you have the opportunity to engage an employer in-person or are brought in for an interview, be sure to take steps to put your best foot forward and convey that you are the professional the employer is looking for to join their team.

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SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

“The biggest trend on the credit card side is the waiving of the first year’s annual fee,” Sojka says. “So, basically, it’s a free trial.”

“If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period.”

On the credit card side, the big trend is the addition of more benefits.

“Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles,” Sojka says. “But look for fabulous travel benefits.”

Here is a quick list of what to look for:

- Travel perks such as airport lounge access and concierge services.
- A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.
- Less blackout periods when you book travel on points. “We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees,” says Jennifer Douglas, Scotiabank vice-president of credit cards.
- Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.
- Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.
- No redemption deadlines.



SHUTTERSTOCK



SHUTTERSTOCK

FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing “beyond the expectations” of its co-part-

ners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

“So every 10th movie will be free; it’s very good value,” Bloom says.

At Canadian Tire, the country’s oldest loyalty plan, you get 40 cents in “money” for every \$100 spent. Now customers can get their “money” electronically as well

as in paper form, giving them “the best of both worlds,” says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey’s and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.



SHUTTERSTOCK

UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what’s appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

- Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.
- Keep your shopping habits in mind and be strategic. What’s most important is that you are loyal to programs so you accumulate points. Plus, “splitting points

amongst several cards will delay the time it takes to redemption,” Sojka says.

- Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.
- Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.
- Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU

Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more



CONTRIBUTED

active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to

decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you

want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."



SHUTTERSTOCK

LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dip-

ping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and

streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.



Lightning captain Steven Stamkos and Canadiens goalie Carey Price shake after Montreal's Game 4 win on Tuesday night at Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

Faster than Lightning

NHL playoffs. Habs fans euphoric after sweep-clinching win over Tampa Bay in Montreal

Max Pacioretty scored on a power play with 43 seconds left to play as the Montreal Canadiens completed a four-game sweep of the Tampa Bay Lightning with a 4-3 victory on Tuesday night.

Montreal now faces a long wait for the Eastern Conference semifinal against the winner of the Boston-Detroit series.

Game 4

4

Canadiens

3

Lightning

Pacioretty was parked on the doorstep to bang the rebound of Thomas Vanek's shot past Kristers Gudlevskis to send the 21,273 spectators into a frenzy.

The Canadiens entered the third period up 3-1 with a 29-13 shot advantage, but the

Lightning tied it by the 6:31 mark on goals from Victor Hedman and Tyler Johnson.

A tripping penalty on Cedric Paquette with 2:11 left to play allowed Pacioretty to get the winner on Montreal's second power-play goal of the series.

Daniel Briere, Lars Eller and Brendan Gallagher also scored for Montreal. Ondrej Palat also scored for Tampa Bay, whose rookie-laden lineup could not keep pace with Montreal. The Bolts also played the series without No. 1 goalie Ben Bishop, who has a left arm injury.

For a second straight game, the Bell Centre was at a fe-

Sweep talkers

1993

Montreal's win Tuesday night clinched the Canadiens' first sweep since they took the Buffalo Sabres out in four straight in 1993 en route to the last of their 24 Stanley Cups.

ver pitch with old-time pop star Ginette Reno singing the Canadian anthem. But while it took Rene Bourque only 11 seconds in to score the first goal in Game 3, this time it took 2:24 for Briere to open the scoring. **THE CANADIAN PRESS**

NHL playoffs

Bruins ruin Wings' post-season home opener

Tuukka Rask finished with a 23-save shutout to give the Boston Bruins a 3-0 win over the Detroit Red Wings on Tuesday night for a 2-1 playoff series lead.

Dougie Hamilton and Jordan Caron scored in the first period, and Patrice Bergeron added an empty-net goal late in the game. The Presidents' Trophy-winning Bruins are ahead for the first time in the opening-round series. And, it seems like a commanding lead the way Boston has played the past two games. **THE ASSOCIATED PRESS**

NHL playoffs

The Dons, Martin and Derek do damage to Flyers

Derek Stepan, Martin St. Louis, Dan Girardi and Dan Carcillo scored goals, leading the New York Rangers to a 4-1 win over the Philadelphia Flyers in Game 3 on Tuesday night. **THE ASSOCIATED PRESS**



Dan Carcillo celebrates his third-period goal on Tuesday night in Philadelphia. **THE ASSOCIATED PRESS**

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DeRozan leads Raptors' resurgence to tie series



Raptors forward Amir Johnson blocks a shot by the Nets' Kevin Garnett during Game 2 of their first-round playoff series at Air Canada Centre on Tuesday night. NATHAN DENETTE/THE CANADIAN PRESS

NBA playoffs. Toronto heading to Brooklyn all square with Nets after all-star scores 30 points

DeMar DeRozan poured in 30 points to lift the Toronto Raptors to a 100-95 victory over the Brooklyn Nets in Game 2 of their playoff series Tuesday, showing none of the post-season jitters that had plagued him in Game 1.

The best-of-seven Eastern Conference series is tied at one game apiece.

Amir Johnson had 16 points and nine rebounds, Jonas Valanciunas had 15 points and 14 boards for his second double-double of the series, while Kyle Lowry had 14 points, nine boards and six assists. Patrick Patterson added 12 points and nine rebounds for the Atlantic Division champions.

Joe Johnson topped the Nets with 18 points, while Deron Williams had 15, Mirza Teletovic added 14, and Kevin Garnett finished with 13.

Toronto outrebounded Brooklyn 52-30.

The series shifts to Brooklyn for Game 3 on Friday and Game 4 on Sunday.

Raptors coach Dwane Casey predicted a completely different group of players — especially DeRozan — would show up for Game 2 after the majority of them looked overwhelmed by the bright lights of the playoffs in Game 1.

That's The Truth



"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Nets forward Paul Pierce, explaining his career-spanning ability to come through in crunch time. Scan the above image to view a gallery of some of Pierce's clutch moments.

The Raptors led by as much as 11 in the second quarter but the Nets got hot in the third and took a 66-64 advantage into the fourth.

DeRozan had to take a seat with seven minutes to go after picking up his fifth foul, but the 24-year-old all-star returned with about three minutes to play and promptly knocked down two huge shots, his second a fadeaway jumper from 18 feet that had him flexing his chest and growling in celebration.

THE CANADIAN PRESS

MLB

Jays sharp in 9-3 win over O's

Melky Cabrera, Brett Lawrie and Edwin Encarnacion all belted three-run homers as the Toronto Blue Jays kicked off a six-game homestand with a 9-3 victory over the Baltimore Orioles on Tuesday night at Rogers Centre.

Lawrie's eighth-inning blast to centre field cracked a 3-3 tie and helped make a winner of reliever Steve Delabar (2-0). Cabrera's shot came later in the frame while Encarnacion put Toronto (11-9) on the board with his homer in the sixth inning.

Juan Francisco and Josh Thole chipped in with two hits apiece for the Blue Jays, who outthit the Orioles 9-8. Reliever Evan Meek (0-1) shouldered the loss for Baltimore (9-10).

THE CANADIAN PRESS

Manchester United

Moyes canned

Overwhelmed by the giant task of replacing Alex Ferguson, Britain's greatest ever manager, David Moyes was fired by Manchester United on Tuesday after losing the support of the club's American owners.

He lasted just 10 months.

Exactly a year after winning a record-extending 20th English championship, United dismissed Moyes during a meeting at its training ground in the morning. The news was released in a terse, two-line statement on the club's website — a far cry from the fanfare of Moyes' hiring last summer.

THE ASSOCIATED PRESS

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Safety

- Front airbags; side-impact airbags; side-curtain airbags; driver's side knee airbag; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.2/5.5 (base 2.0, est.)

3 Lincoln MKC
Base price: \$41,800
New Ford Escape-based model should do well in an expanding category.



An electric Volvo C30 with an experimental wireless charging pad. COURTESY OF VOLVO CAR

Sans cord: Volvo works on wireless car charging

DRIVE SMART SAVE SMART

ENDS APRIL 30, 2014

LOCK IN AT
95¢
PER LITRE
\$1100 VALUE*

AS LOW AS
0% APR
PURCHASE FINANCING*

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FUEL-EFFICIENT
2014 MODELS

WITH THE PURCHASE OR LEASE OF MOST NEW 2014 CARS,
CUVs, AND SUVs. MAXIMUM LITRE LIMIT VARIES BY MODEL
(UP TO 1,500L AND \$825 VALUE ON ESCAPE)

\$750**
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For qualified customers towards
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**THE WORLD'S
BEST-SELLING**
CAR NAMEPLATE†

2014 FOCUS
— WITH AVAILABLE —
ECOBOOST

STARTING FROM
\$85 @ **0.99%** APR
financed bi-weekly for 84 months with.

\$0 DOWN
INCLUDES FREIGHT

OR PURCHASE FOR ONLY
\$14,948*
Offers include \$2,500 in Manufacturer
Rebates, freight, and air tax.

5.5L/100km **51MPG** HWY**
7.8L/100km **36MPG** CITY**

2014 FIESTA

STARTING FROM
\$75 @ **0.99%** APR
financed bi-weekly for 84 months with
\$0 DOWN

OR PURCHASE FOR ONLY
\$13,198*
Offers include \$2,500 in manufacturer
rebates, freight and air tax.

5.1L/100km **55MPG** HWY** / 6.9L/100km **41MPG** CITY**

2014 FUSION

STARTING FROM
\$139 @ **2.99%** APR
financed bi-weekly for 84 months with
\$0 DOWN

OR PURCHASE FOR ONLY
\$22,818*
Offers include \$500 in manufacturer
rebates, freight, and air tax.

5.8L/100km **49MPG** HWY** / 9.2L/100km **31MPG** CITY**

2014 FUSION

STARTING FROM
\$149 @ **2.49%** APR
financed bi-weekly for 84 months with
\$0 DOWN

OR PURCHASE FOR ONLY
\$24,888*
Offers include \$1,000 in manufacturer
rebates, freight, and air tax.

6.7L/100km **42MPG** HWY** / 9.5L/100km **30MPG** CITY**

2014 FIESTA
BEST-IN-CLASS
SALES
CONSUMPTION
ECONOMY

LOCK IN AT
95¢
PER LITRE
\$550 VALUE*

APPLIES ONLY
TO OPTIONAL FRONT CRASH
PREVENTION MODELS

CANADA'S
BEST SELLING
SUV

LOCK IN AT
95¢
PER LITRE
\$825 VALUE*

Volvo is working on a wireless charging system that could eliminate the need for cables. The system uses an electromagnetic field to transfer energy from a base station to the vehicle's battery. The system is currently in the experimental stage, but Volvo is optimistic about its future. The system is designed to be used in public charging stations, but it could also be used in private homes. The system is designed to be used in public charging stations, but it could also be used in private homes. The system is designed to be used in public charging stations, but it could also be used in private homes.

Induction charging.

New system uses an electromagnetic field to transfer energy from the base station to the vehicle's battery

JIL
MCINTOSH
Drive@metronews.ca

It's possible today to charge your phone or your electric toothbrush without directly plugging it into the wall, but how about a car? It could happen one day, thanks to an experimental project by Volvo that could potentially eliminate the cords on electric vehicles.

"You don't have to get the charging cable from the car and connect it to the grid," says Crister Lunde, project leader for power electronics and electric propulsion systems at Volvo Car Corporation. "You just park in the right position, and it starts charging."

Called induction charging, the system uses an electromagnetic field to transfer energy. It requires two induction coils, one of them located in a base station and the other in the vehicle. The coil in the charging base creates an alternating electromagnetic field, while the coil in the car picks up that power and converts it back to electrical energy to charge the vehicle's battery.

Lunde says the wireless system's charging time will essentially be the same as plugging the car in, but the real benefit is in the convenience. The charging

Energy transfer

"You don't have to get the charging cable from the car and connect it to the grid. You just park in the right position, and it starts charging."

Crister Lunde, project leader for power electronics and electric propulsion systems at Volvo Car Corporation

Facts and tips

- Batteries use direct current (DC), while household current is alternating current (AC), and the system uses a converter to change AC to DC for charging.
- Wireless charging could also be used for plug-in hybrids and extended-range vehicles, which plug in but also use gasoline engines for longer driving periods.
- The wireless system is self-contained and can be safely used on rainy days.

pad eliminates opening the trunk, getting the cord out, and plugging in both ends. The wireless system is an even better option if it's raining or the cord is dirty from being on the ground, he says.

One of the issues the engineers are still working on is creating a failsafe object detection system. "If something like a cat or a small child crawled under the car, the system must close down," Lunde says. "It will stop operating until you remove them. They're still working with this, and it's still under development."

The system also needs to warn the driver if there are any metallic objects lying on the charging pad, which could interfere with the electromagnetic field.

Volvo isn't the only company working on inductive charging, which presents another issue. While each automaker would probably like to have a proprietary system, all electric cars will need to work with every wireless base. This would enable the eventual construction of a viable infrastructure of public charging systems, just as every gasoline pump nozzle fits every car's filler neck. "It's important for the future that there should be standards," Lunde says. "The chargers will have to be the same. We want a free transfer that everyone can use for public charging."

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Go Further
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Horoscopes

Aries

March 21 - April 20

You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will help. But ultimately, the effort must come from you.

Taurus

April 21 - May 21

Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

Gemini

May 22 - June 21

Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

Cancer

June 22 - July 23

Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

Leo

July 24 - Aug. 23

Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

Virgo

Aug. 24 - Sept. 23

This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

Libra

Sept. 24 - Oct. 23

Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

Scorpio

Oct. 24 - Nov. 22

It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

Sagittarius

Nov. 23 - Dec. 21

While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

Capricorn

Dec. 22 - Jan. 20

Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

Aquarius

Jan. 21 - Feb. 19

You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

Pisces

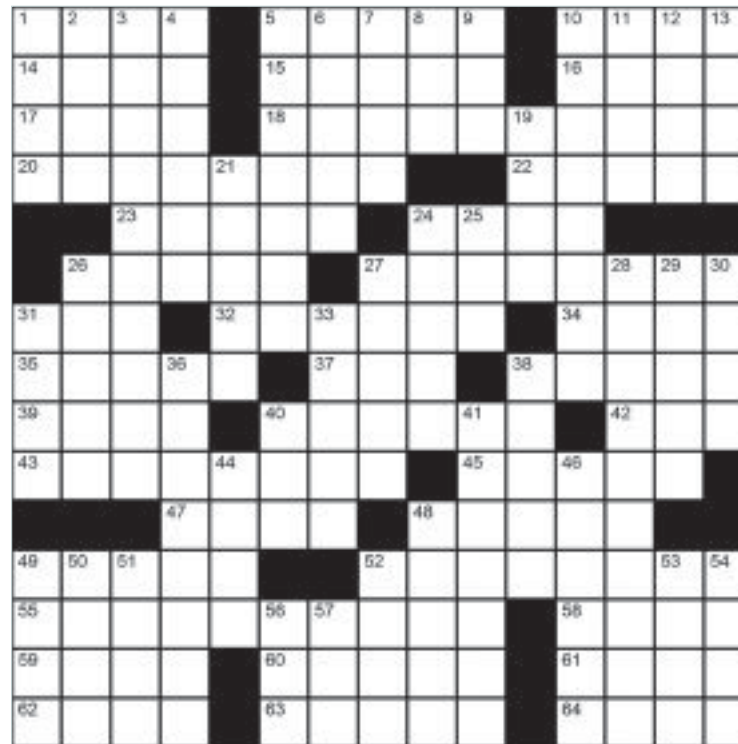
Feb. 20 - March 20

Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Daytime/nighttime
- Theatrical work, ___ Godunov
- Havana's locale
- TV handyman Bob
- Mediterranean vacation island
- Kitchen's kiln kin
- Scrapes, budget-wise
- ___ of Canada
- Canadian brand of toilet paper
- Gather
- Ms. Skye of "Say Anything..." (1989), and namesakes
- Painting subject (en français) for Manet
- Terra ___
- Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
- '_' in Toronto
- Northern Ontario city, ___ Lake
- ___-soup
- Crows
- Pac. opposite when looking at Canada
- Canadian newsman Mr. Mansbridge
- ___ of the moment
- Invitees
- Monk's title
- Artsy statesman of ancient Athens
- Cosine or sine
- Wuthering



Down

- Heights expanse
- Voyageur's transport
- The ___ of 2014
- Frontman of Rush: 2 wds.
- Rare baleen creature: 2 wds.
- Inactive

Across

- Ms. Reid
- Boring tool
- Foster film
- Songstress Sheryl
- Lances
- Steel shade

Down

- "___ plaisir!" (Gladly, in Quebec)
- "Grace Kelly" singer
- Long-extinct marine reptile of ancient waters, such as of the Yukon
- Team's sidelines cheers-leader
- Important happen-

Across

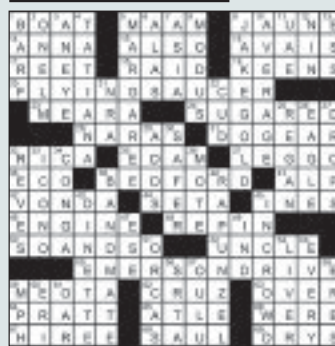
- ing: 2 wds.
- Some woodwinds
- BC's Fraser, et al.
- 'Special' suffix
- Mediterranean isl. near Italy
- The second 'C' of CIBC
- Iris' place

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Mr. Affleck's
- Colony critters
- Pusher-catching cop
- Beginner bets
- Sussex slammers
- Mr. Linkletter
- ___ diem! (Seize the day!)
- Quotes
- Baseball position
- 'I hope', to Caesar
- Ms. Gilbert
- Baking meas.
- "Today" anchor Matt
- Northern Alberta town
- Mind your ___
- ___ Qs
- Mop & ___ (Floor cleaner)
- Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
- Haggler's concern
- Considering, as an idea
- Showbiz type
- Federal org. concerning broadcasting
- Beguiler
- It means 'Soil'
- Someone smitten's status
- Addition ___ (Canadian plus-size clothing chain)
- Moray-like
- Occurred
- Beach structure

Yesterday's Crossword

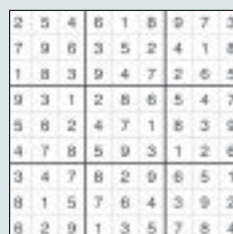


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 10°
MIN: 2°

THURSDAY



MAX: 2°
MIN: -1°

FRIDAY



MAX: 2°
MIN: -4°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



RECYCLING
REMINDER

#5

Next time you get a gift, try reusing the bag or box first before you recycle them.

Make the break.
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Multi-Material
Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

